



## Japanese Chicken Donburi

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 oz baby spinach leaves rinsed drained
- 6 cups rice hot cooked
- 3 large eggs
- 1 cup fat-skimmed chicken broth
- 2 tablespoons ginger fresh minced
- 6 oz onion peeled thinly sliced
- 2 teaspoons salad oil
- 0.3 cup soya sauce

- 4 teaspoons sugar
- 0.5 pound boned rinsed cut into 1/4

## Equipment

- bowl
- frying pan
- spatula

## Directions

- In a deep 10- to 12-inch frying pan over high heat, stir oil, onion, and ginger until onion is lightly browned, about 2 minutes.
- Add broth, soy sauce, and sugar.
- Add chicken strips to pan. Bring to a boil.
- Add spinach, cover, and cook until wilted, about 1 minute. Meanwhile, in a small bowl, beat eggs to blend.
- Reduce heat to low, evenly distribute mixture in pan, and pour in eggs. With a spatula, push vegetables aside slightly so egg mixture can flow down through sauce. Cover and cook just until eggs are softly set, 2 to 2 1/2 minutes.
- Meanwhile, spoon rice into bowls. Top equally with egg-spinach mixture, including juices.
- Sprinkle with tomato.

## Nutrition Facts



## Properties

Glycemic Index:67.02, Glycemic Load:75.79, Inflammation Score:-10, Nutrition Score:30.758696224379%

## Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg

## Nutrients (% of daily need)

Calories: 500kcal (25%), Fat: 8.06g (12.39%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 78.04g (26.01%), Net Carbohydrates: 75.25g (27.36%), Sugar: 6.62g (7.36%), Cholesterol: 175.79mg (58.6%), Sodium: 1199.26mg (52.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.72g (53.43%), Vitamin K: 207.22µg (197.35%), Vitamin A: 4207.86IU (84.16%), Manganese: 1.66mg (83.04%), Selenium: 49.48µg (70.69%), Vitamin B6: 0.89mg (44.27%), Vitamin B3: 8.16mg (40.81%), Phosphorus: 354.68mg (35.47%), Folate: 121.14µg (30.29%), Vitamin B5: 2.52mg (25.17%), Magnesium: 93.4mg (23.35%), Vitamin B2: 0.39mg (22.74%), Potassium: 706.23mg (20.18%), Vitamin C: 15.95mg (19.34%), Iron: 3.03mg (16.83%), Copper: 0.32mg (15.81%), Zinc: 2.36mg (15.72%), Vitamin E: 1.83mg (12.18%), Fiber: 2.79g (11.17%), Vitamin B1: 0.16mg (10.99%), Calcium: 105.18mg (10.52%), Vitamin B12: 0.56µg (9.34%), Vitamin D: 0.81µg (5.38%)